## In the specification:

Referring to FIG. 2, the toroidal rings 62 are made from a suitable material, such as, but not limited to polyurethane. While toroid shaped have been shown and described, the present invention is not limited in this regard as other shapes, such as square, can be employed without departing from the broader aspect of the present invention. However, the toroid shape must have an outside diameter OD minus an inside diameter ID equal to or greater than a height H when positioned in the bearing pad assembly

## In the Claims:

## Claim 1

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1. (Five Times Amended) A bearing pad assembly comprising: a first housing having an exterior surface and defining a bore extending at least part-way through said first housing;

a first load bearing member coupled to said first housing, and defining an outwardly facing first abutment surface;

a second housing defining a bore of a shape similar to said exterior surface of said first housing and adapted to slideably receive said first housing therein;

a second load bearing member coupled to said second housing and defining an outwardly facing second abutment surface opposite to said first abutment surface;

at least one slip lining positioned between said first housing exterior surface and a bore wall defining said second housing bore; and

at least one compression spring positioned within said first housing bore, wherein said compression spring comprises a solid resilient material having a toroidal shape, the toroid having an outside diameter minus an inside diameter equal to or greater than a height when positioned in the bearing pad assembly.